

# non-gluten containing ingredients menu

## starters

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<b>homemade seasonal soup (v)</b> with a gluten free bread roll	5.25
<b>marinated olives (v)</b> mixed olives, fresh herbs and garlic	3.95

## salads

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<b>baked goats cheese (v)</b> mixed leaves with roasted red pepper and a red onion marmalade	6.95/11.95
<b>superfood salad</b> with grilled chicken breast, goats' cheese, cucumber, radish, pistachio nuts and mixed leaves with pomegranate dressing	7.95/13.95
<b>king prawn and crab meat</b> with peas, purple grapes, mange tout and chilli and apple dressing	7.95/14.95

## mains

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<b>pan fried chicken breast</b> wrapped in parma ham, with broccoli, crushed potatoes, edamame beans and silver skin onions served with a lemon & sage sauce	14.95
<b>seabass fillets</b> with brown shrimp, spinach, green beans, pan roasted potatoes and caper & lime butter	16.95
<b>pan roasted calves' liver</b> with garlic mash, carrots, pickled red cabbage and sticky green relish	15.95
<b>pulled lamb shoulder with a lamb cutlet</b> with dauphinoise potatoes, puréed carrots, red cabbage and redcurrant sauce	17.95
<b>pan fried hake</b> with garlic layered potatoes, mushrooms, leeks and pea & mint sauce	15.95
<b>pan fried gressingham duck breast</b> with red cabbage, carrots, spinach, roasted potatoes and Madeira sauce	17.45
<b>baked haddock fillet</b> with pea purée and hand cut chips	13.45
<b>chargrilled 10oz gammon steak</b> with poached duck egg, pineapple and hand cut chips	13.95
<b>28 day aged 10oz rump steak</b> with baked field mushroom, grilled plum tomato and hand cut chips	17.95
<b>28 day aged 8oz ribeye steak</b> with baked field mushroom, grilled plum tomato and hand cut chips	19.95
<b>28 day aged 8oz fillet steak</b> with baked field mushroom, grilled plum tomato and hand cut chips	25.95

## desserts

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<b>ice cream &amp; sorbet selection</b>	5.45
<b>fresh fruit salad</b>	5.95
<b>chocolate truffles</b>	6.25

*Please note that we do endeavour to keep the fryer oil used for our chips free from gluten, however this is not always possible. If you suffer from a severe intolerance then please enquire with a member of the management team as to whether the oil can be guaranteed to be gluten free at the time of your visit.*

*Our sauces are made in-house using a thickening agent (Mc Dougalls) that does not list any cereals within its ingredients. It does however state that it may contain wheat.*